

**Escuelas Oficiales de Idiomas
de la Comunidad Autónoma de Aragón**

Pruebas Unificadas de Idiomas

MEDIACIÓN ESCRITA

INGLÉS

NIVEL AVANZADO C1 MODELO D

CONVOCATORIA EXTRAORDINARIA 2021

1. Lea cuidadosamente las instrucciones de la tarea y respete la consigna.
2. Escriba con letra clara y respetando el uso de mayúsculas y minúsculas.
3. Utilice bolígrafo azul o negro INDELEBLE.
4. Duración de esta prueba: 35 minutos.
5. Puntuación total de la tarea de mediación escrita: 10 puntos.
6. Los puntos de esta tarea se sumarán a los de la tarea de mediación oral.

Apellidos	
Nombre	

Puntuación por criterios			
Eficacia comunicativa	Interpretación del contenido	Estrategias de mediación	Organización y corrección del texto
/2,5	/2,5	/2,5	/2,5

**PUNTUACIÓN
TOTAL**

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MEDIACIÓN ESCRITA (10 PUNTOS)

Puntuación por criterios				TOTAL
Eficacia comunicativa	Interpretación del contenido	Estrategias de mediación	Organización y corrección del texto	
/2,5	/2,5	/2,5	/2,5	

Your friend Arundhati has just written to you. She's not feeling very well. After the lockdown, she's put on a lot of weight, has high blood pressure and is a little depressed. Her husband is also overweight, is diabetic and has coronary disease. You have just read this article and believe that eating correctly would help them. Using the information, write an email to her giving her some advice. **Write 125-150 words.**



The Mediterranean Diet

This is another kind of vegetable-heavy diet that avoids a lot of meat but does not eliminate it altogether. This diet has been proven to help with depression, in addition to controlling blood sugar levels and helping with weight loss. The Mediterranean diet recommends the use of oil as much as possible and that means as an alternative to butter, salad dressings or marinades. It also emphasizes adding vegetables to each meal and favors fish over chicken. Whole grains, nuts and herbs are also used in larger amounts.

The Paleo Diet

This is a natural way of eating, one that almost abandons all intake of sugar. The only sugar in a Paleo diet comes from fruit. However, abandoning sugar is not the only stipulation. Processed foods and grains are also eliminated from the Paleo diet. The fewer number of carbohydrates in your system leads to a decreased amount of glucose. So your system will then begin to use fat as its fuel source. In a Paleo diet, dairy is also eliminated. So what can be eaten? A Paleo diet consists of fish, fowl, vegetables, fruits, nuts, oils, sweet potatoes, eggs and meat, so long as that meat is grass-fed and not grain-fed.

The Vegan Diet

This diet is a form of a vegetarian diet as it eliminates meat and animal products. One of the primary effects of this diet is that it reduces the intake of cholesterol and saturated fat. It takes some planning, but if a vegan diet is rationed out properly, it can have many positive effects. Studies have proven that those who practice a vegan diet minimize their overall risk of coronary heart disease, obesity and high blood pressure. To compensate for a lack of meat, vegans must find a way to incorporate more sources of protein and vitamin B-12 into their diets.



Raw Food Diet

This is a diet that places a premium on eating uncooked and unprocessed foods. The diet eliminates the intake of any foods that have been pasteurized or produced with any kind of synthetics or additives. The diet is intended to create a surge in energy, a decrease in inflammation, while also lowering the number of carcinogens in one's diet.

Source: <https://www.nutritioned.org>

New Message

To: _____

Subject:

Hi, Arun
Sorry to hear you've been out of sorts! Have you thought about changing your diet? Eating right is very often ...

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

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9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

Well, I hope that helps.
Take care
xxx

       

Send